

Fit Zone for Women
4258 E. Grand River
Howell, MI 48843
(517) 552-1530



Offering
State of Michigan
Employees
\$30 enrollment
and
\$30/month on a
two-year membership



\$35 enrollment and
\$35/month on a
one-year membership

FitZone for Women offers the most advanced fitness equipment in our area specially designed for women. We provide only the finest exercise apparatus, friendly attentive service, all in our luxurious fitness center. Our goal is to provide a refreshingly, fun, positive workout experience for women of all ages.

Amenities & Programs:

- ♦ Aerobics
- ♦ Circuit Training
- ♦ Elliptical Trainers
- ♦ Free Weights
- ♦ Kickboxing
- ♦ Locker Room
- ♦ MultiScreen Video System
- ♦ Nutrition Program
- ♦ Personal Training
- ♦ Pilates
- ♦ Plate Loaded Machines
- ♦ Stationary Cycling
- ♦ Step Aerobics
- ♦ Treadmills
- ♦ Weight Loss Program
- ♦ Yoga

Hours

M, W, F 6 am - 8 pm
T, Th 7 am - 8 pm
Sat: 7 am - 2pm
Sun: Closed

Go to website for guest pass:
www.fitzonehowell.com